

Postnatal Fitness

Every
One
Matters.

**FREE 6 Week Postnatal LOW Impact Fitness
with
Childcare**

Day: Thursday's

Time: 11:00 - 12:00pm

Fitness with limited childcare
available.

Dates: May 31

June 7, 14, 21, 28

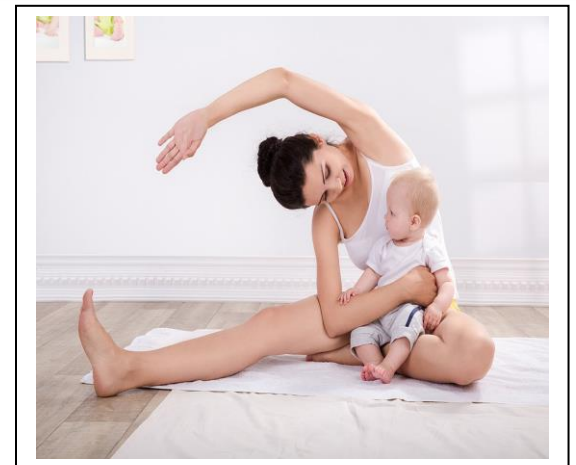
July 12

**Location: West Elgin Community
Health Centre**

Your Hosts:

Diane (Postnatal Fitness Specialist)

Cindy (Early Childhood Educator)



To register for the classes, please
contact Cindy at
519-768-1715 ex 2202

This program requires a minimum of
4 participants to run.

**Postnatal exercise is for mom's
that have a child 18 months or
younger.**



West Elgin
Community
Health Centre

www.wehc.on.ca